



Academy for Five Element Acupuncture

passion • education • community



Winter 2017

Letter from the Executive Director

Winter Greetings!

Happy Year of the Fire Rooster.

Characteristics of the Rooster include loyalty, commitment, hard work, planning, as well as cultivating a beautiful, striking appearance. Interestingly, this is a Yin Fire year, which will give this year a feminine quality. In addition to planning and preparing, we will be called to follow our intuition. Healthy Yin Fire Rooster energy can lead to peaceful resolutions of conflicts and can also be a great year for female empowerment. Indications point to a less chaotic year in general, and a year of peace and progress.

Life at the Academy has been busy throughout the fall and winter. We are in a momentary lull that gives us time to prepare for an active spring. In December, we welcomed back our newest cohort for their second session. One of our wonderful senior faculty members, **Eve Soldinger** came from Maryland to teach for several days. We look forward to having the class back in April. In January, our fantastic local faculty focused on treatment planning, internship preparations, and building clinical skills

for our pre-clinical cohort. They return at the end of April for their sixth and final session before their clinical residency begins.

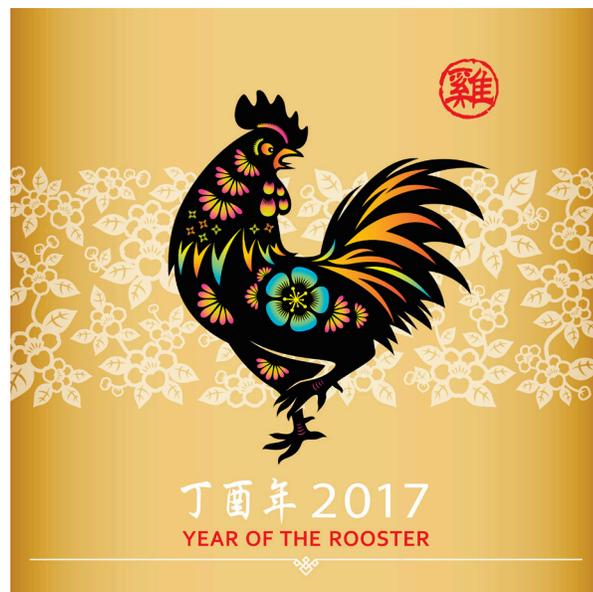
On January 26, 12 new students started their journey with us. Senior faculty member **Gary Dolowich** came from California to spend three days with the new class, introducing the Five Elements. **Chuck Graham** and I, from Classes 12 and 14 respectively, mentioned to the new students that Gary was our first teacher when we started our programs more than 15 years ago! We look forward to the return of our newest students at the end of March.

Several of the new students came to us as direct referrals from alumni and friends of the school. That is such a gift for us.

I want to take a moment to express my deep and sincere gratitude for referrals from **Isaac Goren, Sy Cloud, and Jennifer Growden**. Sending students to the Academy is one of the very best ways to support our tradition. On behalf of the Academy, I thank you for your support. Our next Master of Acupuncture class begins August 17, 2017. We would love to help your patients, friends, and family members realize their dream to become Five Element practitioners.

This month, the interns moved to the next level in their clinical training. During this phase time allotted for treatment shortens and their autonomy increases. The clinic interns continue to do excellent work. **Gary Dolowich** spent some time in clinic with the interns during his recent visit. It was a rich and rewarding experience for the interns, and Gary had this to say about his experience, *"I am always impressed by the quality of the students and their enthusiasm for our system of medicine. In addition to my three days with the new class, spending a day in clinic with Class 32 was especially gratifying. This was my third time teaching them and the continuity was wonderful, seeing them treat patients after I had worked with them earlier in their journey."*

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From the Executive Director

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In addition to acupuncture and herbal clinic, the interns have been busy in the classroom. In January, **Alexander Love** was here to teach *Practice Management I*. In January, **Thea Elijah** was here for two days of *Spirit of the Herbs*, and in early February, the interns had Botany with **Susan Marynowski** and **Cali Searles**. Next month, **Brendan Kelly** will be here for *Practice Management II*.

We had an absolutely fantastic, fun, and well-attended Chinese New Year party on Saturday, January 28. What a wonderful way to ring in the Year of the Rooster! We had great food from a local Asian restaurant, Qi Gong sessions with **Stu Crosby** and **Jennifer Downey**, calligraphy with **Stewart Thomas**, and fun door prizes. The 315 building looked beautiful and many tours of the facility were given throughout the evening. I would like to thank **Andi Houston**, **Isabelle Winzeler**, **Rachael Sims**, and **Ryan Daniel** for their excellent party planning and I would like to thank all of them again, plus **Kimberley McCall** for their highly skilled decorating. It was quite a party! We had more than 100 people in attendance, including staff, faculty, students, interns, patients, and community members. We are already planning for next year's party -- I hope you will come join us.

We have several upcoming events to note. Please check the website for more information. I look forward to seeing you at one of our upcoming events.

- On March 17, **Lonny Jarrett** will give a free talk to the public on *Integral, Evolutionary, and Spiritual Perspectives on the Practice of Medicine*.
- On March 18-19, **Lonny Jarrett** will give a workshop on *Treating Trauma with Chinese Medicine* (Florida CEUs and NCCAOM PDAs available)
- On March 23, **Brendan Kelly** will give a talk at the school on the connection between climate change and cancer, as well as touch on his book, *The Yin and Yang of Climate Crisis*.
- On June 17-19, **Elisabeth RoCHAT de la Vallee** will present a workshop, topic TBA (information coming soon)
- On June 17, the Academy will host our *Spring Preview Day* for prospective students.

Be on the lookout for a new look to our website coming soon. Please remember to update your contact information and send us news about your practices. We want to support and celebrate you.

Wishing you a peaceful and prosperous Year of the Rooster!

Misti Oxford-Pickeral

Alumni & Faculty News



ACUPUNCTURE CENTER FOR WELLNESS
Classical Five Element Acupuncture
"For you, your family, your life."



**Roxana Gonzalez-Pouza and
Elena Ochoa Classes 11 and 13**

We at Acupuncture Center for Wellness have a qualified national certified staff in acupuncture and oriental medicine with extensive experience in various Holistic Modalities. We practice with Vivian Istiban (right), who graduated from Acupuncture & Massage College in Miami. We specialize in Classical Five Element acupuncture and our certification with Acupuncturists Without Borders allows us to treat in national disaster areas and to hold a free veterans clinic in both of our locations. Our most recent certification by Integrative Medicine Program/MD Anderson Cancer Center gave us cutting edge cancer support treatments. Also, our staff volunteers their time and expertise to teach international indigenous communities safe and effective techniques to help spread holistic awareness. We have two practice locations in the Miami area. Please see our website www.acupuncturemiami.com for locations and contact information.



Alumni & Faculty News

Board member Michael Kowalski brings Acupuncture to Mayo Clinic



When I was offered a position to practice acupuncture at Mayo Clinic in Jacksonville, I was elated! Having focused for the past several years on developing an integrative approach to my private acupuncture practice, and developing practice opportunities for fellow acupuncturists in hospitals and other integrative settings, Mayo's offer of part time employment was a culmination of all my efforts thus far.

Beginning in March, I will be practicing Five Element acupuncture on Monday and Wednesday mornings in a 3-month pilot program at Mayo's Breast Cancer Center. As a major cancer research and treatment center, Mayo expects me to use the current acupuncture research protocols which have been proven effective for managing the symptoms of cancer treatment. I have for many years integrated these "evidence-based" protocols for specific symptoms into my Five Element practice. In fact, the "Integrative Acupuncture

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Ki Ennes Class 18

Great opportunity for recent licensed graduate in Richmond, VA area. Looking for recent Five Element Acupuncture graduate with license in Virginia. Ten year acupuncturist and herbalist with busy wait-list practice in wellness center seeks apprentice. Practice located 10 miles east of Richmond. You will start by observing, then assisting, then substituting for my patients while receiving mentorship and training. Independent contractor positions may be offered. Submit cover letter and resume to bgd.acupuncture@gmail.com



Debby Jennings Class 26

I am now part of Bethesda Wellness Center, a new clinic in Winston-Salem, NC. We have two massage therapists and myself. We are working on a new website. I am also practicing at Stillpoint Acupuncture in Greensboro, NC, seeing private clients and taking over the Wednesday community clinic. This clinic has been in business for 15 years and has an awesome staff. My website is still risingpheonixacu.com and my number is 336.413.2833.



Margaret Ryding Class 5

I have been practicing acupuncture in Arlington, MA since 1995 when I graduated from WICA. In addition to my Arlington practice I have opened a country practice in our home in Conway, MA since moving there 4 years ago. It is located on 50 beautiful acres of woods, streams, gardens and abundant wildlife in the foothills of the Berkshire Mountains of MA. My website is margaretryding.com.



*Bellevue
Acupuncture Clinic
Proudly serving Seattle and
Greater Eastside since 1993*

Autumn Ta Class 28

I moved from practicing in Seattle, WA to Bellevue Acupuncture Clinic, just blocks from where I live. I'm thrilled and honored to work with Dr. Becky Su who has been practicing Chinese Medicine for over 20 years. In addition to offering Five Element acupuncture, I am also providing Cosmetic Acupuncture for facial rejuvenation. I've learned to read and treat the whole body through the manifestations in the face in addition to pulse and tongue. The body has many ways to tell us what's going on inside!



Coming in March



MARCH 18-19, 2017

Treating Trauma with Chinese Medicine: Untying the Knot



Learn to diagnose and treat trauma with Chinese medicine. We will consider the heart/kidney axis as the physiological foundation of stability and how to restore integrity to this most important relationship. I will emphasize the importance of the practitioner's awareness of the dimension of self that is never wounded or traumatized as a gold standard in diagnosis and treatment. In this regard, the practitioner's own integrity will be considered as the root of efficacy in treatment. The class will be rooted in an appreciation of the core dimensions and capacities of the self, including the spirit, ego, emptiness, soul, conscience, and the will.

Lonny Jarrett has been a leading scholar in the field of Chinese medicine since 1980. He is a Fellow of the National Academy of Acupuncture and Oriental Medicine and a founding board member of the Acupuncture Society of Massachusetts. He teaches and publishes widely on the inner tradition of Chinese medicine and Chinese pulse diagnosis. Mr. Jarrett holds a Master's degree in Neurobiology and maintains his clinical practice in Stockbridge, MA. He is the author of *Nourishing Destiny* and *The Clinical Practice of Chinese Medicine*. His articles and texts are available on the Web at www.spiritpathpress.com.

8 CEUs per day available to licensed FL practitioners.
14 PDA points available to all licensed acupuncturists.

Registration is open until March 17

All acupuncture students with ID: \$240

Academy faculty: \$240

Alumni students: \$280

Everyone else: \$330

Academy for Five Element Acupuncture
305 SE 2nd Ave. Gainesville, FL 32601
Call for more information: 352.335.2332

Talk and
Reception with
Lonny Jarrett
7 pm Friday, March 17
Free and open to
the public

Register online: acupuncturist.edu

Welcome Class 34B



Pictured during their first intensive are (top row, l. to r.) **Snabel al-Ahmad, Angelica Russo, Sophia Barkan, Amanda Schuelka, Aurelia Tietjen**, (middle row, l. to r.) **Mark Larsen, Kristin Mancina, and Corey Wheet**, (bottom row, l. to r.) **Alissa Russo, Hanna Pittman, and Lise Worthington**.

Alumni & Faculty News

(Continued from page 3)

Practice Intensive” on February 25 and 26 is about how to treat a variety of different symptoms with the researched protocols, while staying true to our Five Element CF treatment plan.

What has been the most pleasant surprise is learning how open and willing Mayo Clinic has been to my including Five Element acupuncture along with the research protocols! It turns out that they are actually looking for acupuncturists who can effectively combine both systems. They want their patients to get the very best results, not only for specific symptoms, but also for the holistic benefits unique to our style of acupuncture. I believe this is a great sign of the future of our profession, and the contribution we can make to mainstream medicine.

For more information, or to contact me about other opportunities in integrative settings, please visit my website at: www.5ElementInstitute.com.

Thank You Donors



Commemorate a loved one, share your inspiration with future students, or get together with your class and make a donation. Thank you to our most recent donors:

Melissa Maki
Sara Rodefeld
Clare Villari
Amy Sear

The gift of the Five Element tradition is needed in our world now more than ever. Thank you so much for helping the Academy to create more powerful agents of change in the world.

Donations may be made by phone (352.335.2332) or on our website, acupuncturist.edu.

Coming Events

February 25-26
*Integrative Acupuncture
Weekend Intensive*
Michael Kowalski

March 17
Free Evening Lecture
*Integral, Evolutionary, and
Spiritual Perspectives on the
Practice of Medicine*
Lonny Jarrett

March 18-19
*Treating Trauma with Chinese
Medicine: Untying the Knot*
Lonny Jarrett

March 23
Free Evening Lecture and Book
Signing
Cancer and Climate Change
Brendan Kelly

April 5
Free Seminar Series
*What are Acupuncture and
Chinese Herbal Medicine and
How Do They Work?*

April 12
Free Seminar Series
*Exploring Careers in
Acupuncture*

June 16-18
Elisabeth Rochat de le Vallee
Subject TBA

June 17
Prospective Student
Preview Day

August 17
Next Master of Acupuncture
class begins